

change to a warmer region, during  
your cold & damp spring, would  
be prudent & beneficial: but  
beware of debilitating heat, &  
especially of "lack of fresh air".

I know that I shall be for-  
given for thus freely writing.  
I understand well what  
poor health is! I can sym-  
pathize with others who have to  
bear it.

Believe me to remain  
thy fr. & sincerely  
Wm. Backhouse

P.S. I enclose Drft for £10.  
for Dr. Chapman. It can be endorsed forward?

I think the Sarracenias should  
be sent in tufts, bedded down  
in nearly dry moss. The moss  
should be scarcely damp. Much  
moisture quickly rots them  
when confined long. W.B.

End of May  
Drft - July 3 - - £ 10. -

York 10/15 mo. '45

Dear Dr. Gray

I am very much obliged  
by thy kindness in sending the  
roots of Silene rotundifolia; I  
have written to thank Prof. Sar-  
gent for forwarding them, &  
have sent him our new Cata-  
logue to pick from. The  
Silenes have reached me  
in fair condition, & I think  
we shall succeed with them.

I grieve to hear of Dr. Chap-  
man being in such a condition!  
I will send him £10, & ask  
him to send me a good sized  
box full (100 good tufts?) of  
Sarracenia Drummondii &

\* The flowers should be cut off.

also plants of S. pittacua  
if he can find them.

I should also like him  
to send Pinguicula elatior  
& P. lutea\* (the bright yellow ones)  
as well as a few of the Crocus.  
If he will write to me  
direct, I may possibly be  
able to help further.

I am sorry to learn that  
thy health has been so poor,  
but hope that this southern  
trip will be availing for its  
restoration. I doubt whether  
great warmth is the best anti-  
dote for the class of affections  
named. A clear bracing  
& atmosphere, <sup>(not too cold)</sup> combined with  
regularly alternated exercise  
& repose usually invigorates  
the system & cures it, by  
a general increase of vigour,

to throw off the local disorders.

Illness, such as thine, generally  
results from an overtaxed  
frame. The strain brings  
about a depressed condition,  
in which "clouds form sponta-  
neously"; just as they do  
in "nature" with a low barometer!  
Think of Simpson the arctic  
explorer & discoverer of Banks's  
Land, who was so "consumptive"  
when a youth, that it was  
thought he never would  
reach manhood! and yet  
he headed (virtually) 3 succes-  
sive arctic expeditions — perhaps  
the most successful in extent  
of discovery ever made — & regis-  
tered the greatest cold ever  
registered (up to that time) by man!  
and eventually died from what  
may be called "an accident",  
wholly free from disease.  
I can well believe that the

\* in P. lutea — bright yellow ones of the crocus